

NOVEMBER 24, 1976

TEN TIPS FOR GETTING OUT OF BED IN THE MORNING  
(FAMILY HEALTH)  
IS THERE A LIFE AFTER DEATH? (FAMILY CIRCLE)  
THE ICEMAN CLIMBETH (ROLLING STONE)

ANNCR: HERE IS-----WITH FROM THE MAGAZINE RACK... VOICE OF AMERICA SUMMARIES OF ARTICLES ON TIMELY TOPICS FROM AMERICAN MAGAZINES. TODAY, SOME HINTS ON HOW TO GET YOUR DAYS OFF TO A BETTER START, AS PRESCRIBED IN THE PAGES OF FAMILY HEALTH. A LOOK AT THE POSSIBILITY OF LIFE AFTER DEATH, AS DESCRIBED IN FAMILY CIRCLE MAGAZINE BY PEOPLE WHO WERE ONCE PRONOUNCED "CLINICALLY DEAD." AND FROM ROLLING STONE, A PREVIEW OF A NEW MAGAZINE ITS PUBLISHERS ARE PLANING TO BRING OUT, TO BE CALLED "OUTSIDE."

TEN TIPS FOR GETTING OUT OF BED IN THE MORNING  
(FAMILY HEALTH) (FRANCUCH 3-4757 )

REPORTER: YOU'RE HARDLY LIKELY TO FALL ASLEEP WHILE READING AN ARTICLE BY ROBERTS ROESCH IN FAMILY HEALTH MAGAZINE. IN FACT, SOME AMERICANS MAY CONSIDER THE ARTICLE AS IDEAL BEDTIME READING. THAT'S BECAUSE SHE MAKES SEVERAL SUGGESTIONS ON HOW TO SUCCESSFULLY FACE THE ORDEAL OF STARTING THE DAY -- THAT ALL-IMPORTANT EFFORT CALLED "WAKING UP."

WAKING UP OFTEN IS EASIER SAID THAN DONE. IN FACT, ONE NEW YORK PSYCHIATRIST QUOTED IN THE ARTICLE SAYS "NOTHING MATCHES THE ENORMOUS STRAIN OF WAKING UP. THE SHEER BUSINESS OF PULLING THE BODY TOGETHER, TURNING ON ALL THE SYSTEMS IN THE BRAIN, AND FIGURING OUT EXACTLY WHERE YOU ARE REQUIRES COMPLETE REORIENTATION."

REPORTER: FREQUENTLY, THE BODY GETS ITS WAKE-UP CUE FROM AN ALARM CLOCK.  
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FOR SOME, ALARMS JOLT THEM LIKE A BOLT OF LIGHTNING. OTHERS LETHARGICALLY REACH OVER, SHUT THEM OFF THEN ROLL BACK INTO BED TO SPEND A FEW MORE GLORIOUS MINUTES IN DREAMLAND. YOU SHOULDN'T DO THAT, WRITES MS. ROESCH, BECAUSE IT MAY CAUSE YOU TO FEEL SLOW (BEAT) AND SLUGGISH (BEAT) ALL (BEAT) DAY (BEAT) LONG:

VOICE: "THE AVERAGE PERSON...GOES THROUGH THREE STEPS EVERY MORNING -- AND ONE OF THEM HAS A TRAP. AWAKENING WHEN THE ALARM RINGS IS THE FIRST STEP. THE SECOND IS A PERIOD OF RELAPSE JUST AFTER THE ALARM WHEN THE SLEEPER PLAYS POSSUM (FEIGNS DEATH OR LIE MOTIONLESS)... AND THE THIRD IS THE GUILT AND BUILT-IN INSISTENCE THAT MAKES THE SLEEPER WAKE UP AGAIN AND START ALL OVER... THAT SECOND PERIOD IS THE TRAP AND YOUR BEST BET IS TO GET UP WHEN YOUR CLOCK FIRST SIGNALS, INSTEAD OF DRIFTING BACK TO SLEEP."

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REPORTER: YOUR BODY TYPE MAY ALSO FIGURE INTO HOW WELL YOU SLEEP. MS. ROESCH FOUND THAT OVERWEIGHT PEOPLE TEND TO FALL ASLEEP EASILY, BUT ARE HARD TO WAKE UP. MUSCULAR, AGGRESSIVE PEOPLE ALSO TEND TO FALL ASLEEP EASILY, BUT THEY WAKE UP JUST AS EASILY, AND USUALLY CAN GET BY WITH AROUND SIX HOURS OF SLEEP EACH NIGHT. ANOTHER TYPE MS. ROESCH MENTIONS ARE THIN, NERVOUS, BUT OFTEN INTELLECTUAL INDIVIDUALS. GENERALLY, THEY DESPISE HAVING TO GO TO SLEEP, BUT ONCE THEIR DREAMING STARTS, THEY CAN'T GET ENOUGH -- WHICH MAKES IT A REAL STRUGGLE EACH MORNING TO ROUSE THEM.

REPORTER: DURING THE DAY, EVERYONE'S BODY TEMPERATURE RISES AND FALLS (CONT'D)  
AT REGULAR INTERVALS. WHEN IT RISES, WE'RE MORE ACTIVE, BUT AS IT FALLS, WE GROW MORE TIRED, AND EVENTUALLY FALL ASLEEP. SO, WRITES MS. ROESCH, ADD BODY TEMPERATURE CYCLES TO THE LIST OF FACTORS AFFECTING THE WAY YOU FEEL:

VOICE:

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"ANYONE WHO HAS A FAST-RISING TEMPERATURE CYCLE IS A 'MORNING PERSON' AND CAN JUMP OUT OF BED ENERGETICALLY. HE IS MOST WIDE-AWAKE AROUND NOONTIME, WHEN HIS BODY THERMOMETER REACHES ITS PEAK. BY LATE AFTERNOON, HE BECOMES DROWSY BECAUSE HIS TEMPERATURE HAS BEGUN TO FALL, AND BY EARLY EVENING HE IS READY FOR BED.

"AN 'EVENING PERSON,' ON THE OTHER HAND, HAS A BODY TEMPERATURE THAT RISES SLOWLY AND DOESN'T HIT ITS ZENITH UNTIL MID-AFTERNOON, WHEN HE FEELS HIS BEST. IN THE MORNING HE HATES TO GET UP, FEELS OUT OF SORTS AND USUALLY WAITS UNTIL NOON TO GAIN THE MOMENTUM THAT SEES HIM THROUGH THE DAY." /

REPORTER: TO HELP YOU GET UP EASIER EACH MORNING, MS. ROESCH/LISTS

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SEVERAL TIPS IN HER ARTICLE WHICH MAY, OR MAY NOT WORK FOR YOU. FOR EXAMPLE, WHEN SETTING YOUR ALARM CLOCK, SET IT FOR THE EXACT TIME YOU WANT TO GET UP; DON'T ALLOW A FEW MINUTES FOR EXTRA "SNOOZE" TIME. MANY PEOPLE ARE AWARE OF THEIR MENTAL ALARM CLOCK. THIS ALSO SHOULD BE "SET" BEFORE GOING TO SLEEP TO ACT AS A BOOSTER FOR YOUR MECHANICAL ALARM CLOCK. MS. ROESCH ALSO/SUGGESTS THAT YOU LIMIT YOUR EATING BEFORE GOING TO SLEEP:

VOICE: "HEAVY FOODS MAKE IT DIFFICULT TO GET TO SLEEP, TO SLEEP SOUNDLY AND THUS TO WAKE UP EASILY BECAUSE THEY REQUIRE THAT YOUR DIGESTIVE SYSTEM WORK OVERTIME. IF YOUR BODY IS BUSY WITH THIS DIFFICULT TASK, IT DOESN'T HAVE A CHANCE TO SLOW DOWN AND REST. HARD DRINKING (OF ALCOHOLIC BEVERAGES) MAY PUT YOU OUT WITH EASE, BUT THE HEADACHE AND NAUSEA YOU MIGHT FEEL IN THE MORNING IS REASON ENOUGH FOR ANYONE TO STAY IN BED."

REPORTER: A POSITIVE ATTITUDE ABOUT YOUR UPCOMING DAY OFTEN HELPS TO GET YOU GOING. EVEN THE THOUGHT OF SIMPLE THINGS YOU CAN ACCOMPLISH MAY IMPROVE YOUR DISPOSITION.

DON'T PLAN TOO MANY ACTIVITIES FOR ONE DAY -- LEAVE SOME TIME FOR YOURSELF TO RELAX. MS. ROESCH ALSO WRITES THAT "INJECTING YOURSELF WITH WILLPOWER, AND GIVING YOURSELF REWARDS," MAY ALSO IMPROVE YOUR DAY:

VOICE: "WHEN YOU FIND YOUR ANXIETIES RISING AT THE THOUGHT OF SATURDAY CHORES OR AN IMPORTANT PRESENTATION AT WORK, PROMISE YOURSELF SOMETHING PLEASANT AS SOON AS THE TASKS ARE OUT OF THE WAY. "'I COULD NEVER GET UP ON SATURDAYS,' ONE TEACHER-WIFE ADMITS, 'UNTIL MY HUSBAND SUGGESTED WE SACRIFICE SLEEPING ALL MORNING AND GET UP AND DO OUR CHORES SO WE COULD LUNCH AT A NICE RESTAURANT AND THEN SPEND THE AFTERNOON RELAXING AND HAVING FUN.'"



REPORTER: FINALLY, ROBERTA ROESCH SUGGESTS IN HER FAMILY HEALTH MAGAZINE ARTICLE TO COME TO TERMS WITH YOUR DAY EVERY MORNING IN THE BEST WAY YOU KNOW POSSIBLE. FEELING RELAXED AND ENJOYABLE AFTER YOU WAKE UP OFTEN SETS THE TONE FOR THE REST OF YOUR DAY.

NOW, WE MUST WARN THAT THESE SUGGESTIONS DO NOT WORK FOR EVERYBODY. IN FACT, YOU MAY ADHERE TO THE PHILOSOPHY OF THE POPULAR AMERICAN COMEDIANNE, JOAN RIVERS, WHO QUIPPED, "MY ADVICE ON WAKING UP IS TO MAKE IT AS LATE AS YOU CAN."

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IS THERE A LIFE AFTER DEATH? (FAMILY CIRCLE)  
(STRICKLAND 3-4757 )

REPORTER: IS THERE A LIFE AFTER DEATH? MANY PEOPLE BELIEVE THAT THERE IS, BUT UNTIL RECENTLY, THEY HAVE HAD LITTLE BUT RELIGIOUS FAITH TO SUSTAIN THAT BELIEF. NOW A GROWING NUMBER OF AMERICAN PSYCHIATRISTS AND OTHER EXPERTS ON DEATH AND DYING ARE POINTING TO THE EXPERIENCES OF PEOPLE WHO HAVE BEEN REVIVED FROM CLINICAL DEATH AS EVIDENCE THAT THERE MAY BE, INDEED, A LIFE AFTER DEATH. AS CHARLES PANATI WRITES IN FAMILY CIRCLE MAGAZINE:

VOICE: "DUE TO THE ADVANCES IN MODERN RESUSCITATION TECHNIQUES, IT IS ESTIMATED THAT MORE THAN 1,000 PEOPLE A YEAR HAVE 'ENCOUNTERS WITH DEATH.' DURING THOSE MINUTES WHEN EVEN THE BEST MEDICAL EQUIPMENT CAN DETECT NO HEARTBEAT OR BRAIN WAVES, THE 'DEAD' REPORT HAVING BEEN CONSCIOUS, AWARE OF THEIR SURROUNDINGS. THEIR STORIES ARE AT FIRST A BIT FRIGHTENING BUT, IN THE END, CONSOLING. MOST OF ALL, THEY ARE GAINING INCREASING ATTENTION FROM PHYSICIANS AND

VOICE: THEOLOGIANS FOR THE STRIKING SIMILARITIES THEIR TALES  
(CONT'D) CONTAIN."

REPORTER: MISTER PANATI DESCRIBES AS TYPICAL THE EXPERIENCE OF BARBARA FELDMAN, A WOMAN WHO WAS BELIEVED DEAD BY HER DOCTORS FOR SIX MINUTES AS SHE LAY ON THE OPERATING TABLE. HERE'S HER ACCOUNT OF THOSE SIX MINUTES:

VOICE: "I NOTICED THAT A BLUE MIST SURROUNDED MY BODY AND WAS  
(FEMALE) DRIFTING UP OFF THE OPERATING TABLE. IT WAS BEAUTIFUL. I KEPT SAYING TO MYSELF: HOW CAN I BE DEAD? I'M STILL CONSCIOUS! I COULD HEAR EVERY WORD THE DOCTORS SAID, AND SEE THEM. THEN I REALIZED THAT I WAS VIEWING THEM FROM THE CEILING. I SAW MY OWN BODY LYING ON THE TABLE. THEY WERE WORKING FEVERISHLY OVER IT, CUTTING OPEN MY CHEST, YET I FELT NO PAIN. NOTHING. I TRIED TO TELL THEM: 'DON'T WORRY, I'M ALIVE.'"

REPORTER: THE NEXT DAY, BARBARA FELDMAN TOLD HER DOCTOR ABOUT HER EXPERIENCE. SHE REPORTS THAT HE TURNED PALE WHEN SHE MENTIONED THE NAME OF THE MEDICINE THAT HAD BEEN GIVEN TO HER AS SHE LAY, CLINICALLY DEAD, ON THE OPERATING TABLE. SO SHE NEVER TOLD HIM WHAT HAPPENED NEXT:

VOICE: "AFTER A WHILE I GAVE UP TRYING TO TELL THEM I WAS ALIVE.  
(FEMALE) THEN I REALIZED THAT I WAS TRAVELING THROUGH A LONG TUNNEL. THERE WAS A HUMMING SOUND IN MY EARS; NOT MUSIC, BUT IT WAS PLEASANT. UP AHEAD WAS A BRILLIANT LIGHT AND I KNEW THAT I WANTED TO GET TO IT. I HAD THE MOST IRRESISTIBLE URGE TO BECOME ONE WITH THE LIGHT. I WAS TRAVELING FAST. THEN AN

VOICE:  
(CONT'D)

IMAGE OF MY THREE CHILDREN APPEARED. I FELT A TREMENDOUS TUGGING ON MY SOUL AND I STOPPED TRAVELING. I KNEW AT THAT MOMENT THAT I COULD EITHER GO ON TOWARD THE LIGHT OR RETURN TO MY BODY. IT WAS THE HARDEST DECISION I EVER HAD TO MAKE. I DECIDED TO RETURN, AND AT THAT INSTANT I WAS FLOATING OVER THE OPERATING TABLE. I COULD SEE THE BACKS OF THE DOCTORS' HEADS. I STARTED DESCENDING TOWARD MY BODY AND FELT VERY SAD. THEN A VOICE, UNLIKE ANYTHING I HAD EVER HEARD, SPOKE. IT SAID, 'YOU WILL BE VERY HAPPY FOR MANY YEARS. AND THEN YOU WILL RETURN.' SUDDENLY I WAS PEACEFUL AND VERY HAPPY. I OPENED MY EYES AND WAS LOOKING UP AT THE DOCTORS."

REPORTER: BARBARA FELDMAN'S EXPERIENCE, AS UNUSUAL AS IT SEEMS, IS VERY SIMILAR TO THAT OF HUNDREDS OF OTHER PEOPLE WHO HAVE BEEN REVIVED FROM CLINICAL DEATH, ACCORDING TO CHARLES PANATI. HE POINTS TO A NEW BOOK BY DOCTOR RAYMOND MOODY, WHO HOLDS A DOCTORATE IN PHILOSOPHY FROM THE UNIVERSITY OF VIRGINIA AS WELL AS A MEDICAL DEGREE FROM THE MEDICAL COLLEGE OF GEORGIA. DOCTOR MOODY INTERVIEWED FIFTY PEOPLE WHO HAD HAD BRUSHES WITH DEATH, AND HIS BOOK LISTS CERTAIN ELEMENTS THAT APPEAR OVER AND OVER AGAIN IN THEIR ACCOUNTS. THE FIRST IS A FEELING OF PEACE AND CONTENTMENT; ALL PAIN SEEMS TO DISAPPEAR, EVEN IF THE NEAR-DEATH EXPERIENCE IS A THE RESULT OF SEVERE INJURY. SECONDLY, THE REVIVED PEOPLE ALL SEEM TO FIND WORDS INADEQUATE TO DESCRIBE WHAT THEY HAVE BEEN THROUGH. /PANATI ELABORATES:

VOICE:

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"SCIENTISTS WHO HAVE STUDIED THE DYING NOTE THAT INEFFABILITY (INDESCRIBABILITY) IS COMMON TO THE EXPERIENCES OF EASTERN MYSTICS. 'IT IS AMAZING,' SAYS MOODY, 'TO HEAR A PERSON WHO

VOICE:  
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HAS NEVER READ A THING ABOUT MYSTICISM RELATE HIS NEAR-DEATH EXPERIENCE TO YOU; THE SIMILARITIES TRANSCEND CULTURES AND TIME.' MOODY OFFERS ONE EXAMPLE OF A WOMAN WHO 'DIED' AND WAS RESUSCITATED. SHE SAID: 'NOW THERE IS A REAL PROBLEM FOR ME AS I'M TRYING TO TELL YOU THIS, BECAUSE ALL THE WORDS I KNOW ARE THREE-DIMENSIONAL. OF COURSE, OUR WORLD -- THE ONE WE'RE LIVING IN NOW -- IS THREE-DIMENSIONAL, BUT THE NEXT ONE DEFINITELY ISN'T.' /

REPORTER: A THIRD COMMON ELEMENT IN THE STORIES TOLD BY THE PEOPLE MOODY INTERVIEWED IS NOISE. PANATI WRITES, "VIRTUALLY EVERYONE WHO HAS STARED DEATH IN THE FACE HAS HEARD SOME REPETITIVE SOUND" -- BUZZING, HUMMING, OR THE RINGING OF BELLS, FOR INSTANCE. PANATI NOTES THAT "SUCH SOUNDS ARE MENTIONED IN THE ANCIENT TIBETAN BOOK OF THE DEAD, A WORK COMPILED AROUND A.D. 800." YET FEW OF THE PEOPLE MOODY INTERVIEWED HAD EVER HEARD OF THE BOOK OF THE DEAD. THE FOURTH COMMON ELEMENT IN THE STORIES TOLD BY MOODY'S INTERVIEWEES IS THE EXPERIENCE OF MEETING LONG-DEAD LOVED ONES ON THE OTHER SIDE OF THE BARRIER BETWEEN LIFE AND DEATH. / PANATI CITES THESE EXAMPLES:

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"EDWARD MEGENHEIM, THE 56-YEAR-OLD UNIVERSITY PROFESSOR WHO 'DIED' ON AN OPERATING TABLE DURING CANCER SURGERY, CLAIMS HE 'MET' HIS DECEASED MOTHER. 'SHE SPOKE TO ME. TOLD ME I HAD TO GO BACK FOR NOW. I KNOW IT SOUNDS CRAZY, BUT HER VOICE HAD A REALITY TO IT THAT HAS STAYED WITH ME TO THIS DAY.' STUDENT PETER TOMPKINS, WHO 'DIED' TWICE, FIRST IN AN ACCIDENT AND THEN LATER DURING CHEST SURGERY, MET DECEASED RELATIVES ON BOTH TRIPS BEYOND." /

REPORTER: NEARLY ALL THE PEOPLE MOODY TALKED TO ALSO MENTIONED SEEING A BRILLIANT LIGHT, OR MORE PRECISELY, A BEING MADE OF LIGHT. IN MOODY'S WORDS, "THE LOVE AND WARMTH WHICH EMANATE FROM THIS BEING TO THE DYING PERSON ARE UTTERLY BEYOND WORDS, AND HE FEELS COMPLETELY SURROUNDED BY IT, TAKEN UP IN IT, HE BELONGS TO IT AND IS A PART OF IT."

REPORTER PANATI NOTES THAT "THE LIGHT REPORTED BY NEAR-DEATH INDIVIDUALS IS ALSO MENTIONED IN THE TIBETAN BOOK OF THE DEAD."

DO THE COMMON ELEMENTS IN THESE NEAR-DEATH EXPERIENCES, AND THE FACT THAT SAME ELEMENTS APPEAR IN A BOOK WRITTEN HUNDREDS OF YEARS AGO IN A TOTALLY DIFFERENT CULTURE, MEAN THAT THERE REALLY IS A LIFE AFTER DEATH -- THAT THERE IS AN OBJECTIVE REALITY WHICH HAS BEEN EXPERIENCED BY MANY HUMAN BEINGS, RATHER THAN A COLLECTION OF HALLUCINATIONS? MANY SCIENTISTS, LIKE DOCTOR RUSSELL NOYES, PROFESSOR OF PSYCHIATRY AT THE UNIVERSITY OF IOWA, CAUTION THAT HUNDREDS OF NEAR-DEATH EXPERIENCES, HOWEVER SIMILAR, CANNOT BE CONSIDERED PROOF OF THE EXISTENCE OF AN AFTERLIFE. OTHERS, LIKE DOCTOR ELISABETH KUBLER-ROSS, AN INTERNATIONALLY KNOWN PSYCHIATRIST AND EXPERT ON DEATH AND DYING, SAY THEY HAVE CHANGED THEIR ORIGINAL BELIEFS. PANATI QUOTES KUBLER-ROSS AS SAYING, "BEFORE I STARTED WORKING WITH THE DYING, I DID NOT BELIEVE IN LIFE AFTER DEATH. NOW I BELIEVE IN ONE BEYOND A SHADOW OF A DOUBT." AND THE ARTICLE CONCLUDES:

VOICE: "AT THIS EARLY STAGE OF NEAR-DEATH RESEARCH, NO ONE KNOWS IF THIS SUBJECT WILL REMAIN PRIMARILY A QUESTION OF FAITH OR BECOME A LEGITIMATE AREA OF SCIENCE. BUT WHATEVER THE

VOICE:  
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EVENTUAL CONCLUSION, IMPORTANT FACTS HAVE ALREADY EMERGED. ALL PERSONS WHO HAVE NEAR-DEATH EXPERIENCES NEVER AGAIN FEAR DYING. 'ONCE YOU HAVE GLIMPSED, EVEN FOR THE BRIEFEST MOMENT, THAT YOU CAN STILL THINK, FEEL, BE AWARE WHEN YOUR BODY IS STONE COLD,' SAYS (FORMER CANCER PATIENT) MARY ARDMAN, 'YOU KNOW THAT THERE IS SOMETHING BEYOND. CALL IT WHAT YOU WILL -- HEAVEN, ANOTHER LEVEL OF CONSCIOUSNESS, ANOTHER DIMENSION OF SPACE AND TIME -- BUT YOU KNOW THAT THERE IS SOMETHING MORE THAN THIS EARLY LIFE. AND NEVER AGAIN ARE YOU AFRAID TO DIE.'"

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THE ICEMAN CLIMBETH (ROLLING STONE ) (SCHNEIDER 3-4757 )

REPORTER: FOR 10 YEARS "ROLLING STONE" MAGAZINE HAS BEEN CHARTING ROCK MUSIC AND THE POP CULTURE IN THE UNITED STATES. IN A FEW MONTHS THE PUBLISHERS OF "ROLLING STONE" WILL BEGIN A NEW MAGAZINE CALLED "OUTSIDE." "OUTSIDE" WILL BE A MONTHLY MAGAZINE THAT WILL COVER THE PEOPLE, ACTIVITIES, EQUIPMENT, ART AND POLITICS OF LIVING AND PLAYING OUTDOORS.

THE CURRENT ISSUE OF "ROLLING STONE" FEATURES A PREVIEW OF THE FORTHCOMING NEW MAGAZINE. THE SPECIAL SECTION INCLUDES AN ARTICLE BY TOM CAHILL DESCRIBING HIS EXPERIENCES AT A SCHOOL THAT TRAINS WILDERNESS GUIDES AND MOUNTAINEERS.

IT TOOK THE GROUP TWO DAYS TO HIKE TO THEIR CLASSROOM, MOUNT MAUDE, A 27-HUNDRED METER HIGH SNOW-COVERED PEAK IN THE NORTH CASCADE RANGE IN THE CENTER OF THE WESTERN STATE OF WASHINGTON.

REPORTER: SHORTLY AFTER PITCHING CAMP IN A GRASSY MEADOW AT THE 15--  
(CONT'D) HUNDRED METER LEVEL THE STUDENTS WERE STARTLED BY A LOUD  
NOISE THAT AUTHOR CAHILL DESCRIBES AS A SHARP CRACK OF  
THUNDER FOLLOWED BY A LONG RUMBLE. IT WAS, THE STUDENTS WERE  
TOLD, AN AVALANCHE ON THE UPPER SLOPES OF A NEARBY MOUNTAIN.  
AUTHOR CAHILL SAYS IT TOOK HIM ABOUT 30 SECONDS TO LOCATE  
THE AVALANCHE. BUT BY THE THIRD DAY CAHILL SAYS HE COULD  
SPOT AN AVALANCH ALMOST BEFORE HE COULD HEAR THE SOUND.

AUTHOR CAHILL CONTINUES ABOUT AVALANCHES:

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"AWFUL THINGS CAN HAPPEN IN AN AVALANCHES. A PERSON MAY BE  
ROLLED AND TUMBLED AND BATTERED UNTIL, IN THE SUDDEN STILL  
DARKNESS HE IS NO LONGER ABLE TO DISTINGUISH UP FROM DOWN.  
THE SNOW MAY COMPACT SO TIGHTLY THAT IT IS IMPOSSIBLE FOR  
EVEN THE STRONGEST MAN TO MOVE HIS ARMS OR LEGS. IT IS  
LIKE AN ICY PARALYSIS. HIS BREATH WILL MELT THE SNOW AWAY  
FROM HIS MOUTH AND IN A HALF AN HOUR OR AN HOUR , THE SNOW  
WILL HAVE MELTED OUT TO A POINT WHERE THE BREATH NO LONGER  
HAS ANY EFFECT. THE WET SNOW WILL THEN FREEZE SOLID AND  
FORM AN ICY CAVITY AROUND THE HEAD. THE CAVITY WILL FILL  
WITH EXHALED CARBON DIOXIDE. THE PERSON WILL BEGIN TO FEEL  
THAT IT IS THE WEIGHT OF THE SNOW ON HIS CHEST WHICH PREVENTS  
HIM FROM TAKING A FULLBREATH. AT THIS POINT IT IS A RACE  
BETWEEN DEATH AND THE AVALANCH (RESCUE) DOGS." /

REPORTER: THEN THE AUTHOR DESCRIBES THE METHOD HE AND THE OTHER STUDENTS  
LEARNED TO PREVENT A LONG, NORMALLY FATAL SLIDE DOWN AN ICE  
FIELD. IT'S CALLED "SELF-ARREST." CAHILL CONTINUES:

VOICE: "IF YOUR FEET SHOULD SLIP OUT FROM UNDER YOU AND YOU FIND YOURSELF SCREAMING DOWN THE SLOPE, YOU DRIVE THE PICK END (OF YOUR CLIMBING AX) INTO THE SNOW, THEN PUT YOUR SHOULDER AND THE WHOLE OF YOUR UPPER-BODY WEIGHT INTO IT. THIS BRINGS YOU UP ON YOUR TOES, WHICH YOU DIG INTO THE SNOW FOR EXTRA STOPPING POWER. THIS IS A SELF-ARREST AND IT IS, PERHAPS, THE SINGLE MOST IMPORTANT TECHNIQUE TO LEARN IN ICE CLIMBING.

"PRACTICE CONSISTS OF PLUMMETING DOWN THE HILL HEADFIRST, SAY, ON YOUR BACK, UNTILL TOLD TO ARREST. THEN YOU TRUDGE BACK UP THE SLOPE AND TRY IT AGAIN."

REPORTER: FOR DAYS THE AUTHOR AND OTHER STUDENTS, ALL WHO HAD SOME MOUNTAIN CLIMBING EXPERIENCE, PRACTICED SELF-ARRESTS. THEY ALSO LEARNED HOW TO TIE A SERIES OF ROPE KNOTS. EACH TIME A STUDENT WOULD TIE A KNOT INCORRECTLY, THE INSTUCTOR BECAME UPSET AND FRUSTRATED. "TOMORRO!", HE TOLD THEM, "YOU GUYS ARE GOING TO BE DANGLING ON THE END OF A ROPE IN ONE OF THESE CREVASSES (A DEEP CRACK IN THE ICE) AND THE ONLY THING THAT WILL BE HOLDING YOU THERE IS THE KNOT YOU TIED."

THAT NIGHT, CAHILL AND THE OTHER STUDENTS SPENT SEVERAL EXTRA HOURS PRACTICING THEIR KNOT-TYING. THE AUTHOR THEN DESCRIBED THE NEXT DAY'S TEST:

VOICE: "ON MAUDE'S LOWER SLOPES THAT DAY WE LEARNED TO SET ANCHORS IN THE SNOW WITH A SLING AND WITH A SHOVEL-BLADE-SHAPED GIZMO (TOOL) CALLED A SNOW FLUKE. WE SET ANCHORS WITH ROPES ALONE AND SLINGS ALONE AND WITH OUR ICE AXES. WE LEARNED TO ROPE UP AND TO COORDINATE A THREE-MAN CLIMBING TEAM. EACH



VOICE:  
(CONT'D)

OF US SPENT AN EXISTENTIAL MOMENT ON THE LIP OF A GREAT  
FISSURE IN THE ICE; EACH OF US TOOK THE BIG JUMP, AND EACH  
OF US WAS BROUGHT UP SHORT BY THE ANCHORS WE HAD SET AND KNOTS  
WE HAD TIED. / WE LEARNED TO USE OUR ... ROPES TO WORK OUR WAY  
UP AND OUT OF THE CREVASSE WITHOUT ASSISTANCE, AND WE WERE  
TAUGHT HOW TO IMPROVISE A PULLEY THAT COULD BE USED TO PULL  
AN INJURED CLIMBER OUT OF DANGER." /

REPORTER: BY THE TIME HALF THE 30-DAY "SCHOOL" HAD PASSED, CAHILL AND  
THE OTHER STUDENTS HAD LEARNED MORE ABOUT CLIMBING, INCLUDING  
HOW TO USE CRAMPONS, POINTED SPIKES STRAPPED TO BOOTS TO  
HELP CLIMB ICE WALLS AND SHEER STONE CLIFFS, AND HOW TO  
TRAVERSE ICE FIELDS.

DURING ONE PRACTICE CLIMB ACROSS A GLACIER ON MT. MAUDE, THE  
AUTHOR EXPERIENCED A SERIOUS PROBLEM ... HIS KNEES BEGAN TO  
GIVE OUT AND HE FREELY ADMITS HE WAS SCARED TO DEATH.

VOICE: "SO I LOOKED FOR A PLACE TO SIT DOWN AND DISCOVERED SOMETHING  
THAT SHOULD HAVE BEEN PERFECTLY OBVIOUS FROM THE START.  
THERE IS NO PLACE TO SIT DOWN ON A STEEP WALL OF ICE. A  
STIFF COLD BREEZE BEGAN TO HOWL OVER THE GLACIER. THERE WAS  
ABSOLUTELY NO PLACE TO GO. THE ONLY THING WAS TO GO ALL THE  
WAY BACK DOWN THE GLACIER WHERE I COULD SIT DOWN.

"I STARTED DOWN AND AS I DID I LEARNED ANOTHER UNPLEASANT  
LESSON. IT IS MUCH EASIER TO GO UP ON CRAMPONS THAN TO COME  
DOWN. MY KNEES BEGAN TO WOBBLE AND I COULD LITERALLY FEEL  
THEM BEGIN TO SWELL.

VOICE:  
(CONT'D)

"THE FEAR SPRANG UP LIKE BILE IN MY THROAT... AT THAT MOMENT  
I KNEW BEYOND THE SHADOW OF A DOUBT---THAT I WAS GOING TO  
DIE UNDER GRAY SKIES ON THAT ... GLACIER. / I COULD SEE IT

ALL: POP GOES THE KNEE, A QUICK SLIDE, ZIPPO INTO A CREVASSE,  
YA-HOO-HOO-HOO. OVER AND OUT." /

REPORTER: IT TOOK THE AUTHOR A LONG TIME TO MAKE IT TO SAFETY AND HE  
SAYS THE PAIN IN HIS KNEES WAS TERRIBLE. FINALLY, SAFE, HE  
BEGAN TO RUB HIS LEGS WHEN THE SCHOOL DIRECTOR TOLD HIM THAT  
THE NEXT DAY WAS THE FINAL EXAM: AN ASSAULT ON THE SUMMIT.

CAHILL SPENT MOST OF THE NIGHT MASSAGING HIS SWOLLEN KNEES.  
IN THE MORNING, HE AWOKE TO FIND THAT THE SWELLING HAD GONE  
DOWN AND THE PAIN WAS BEARABLE. THEN THEY BEGAN THE ASCENT  
TO MT. MAUDE'S SUMMIT. THE AUTHOR SAYS IT WAS MUCH EASIER  
THAN ANY OF THEM EXPECTED ... EXCEPT FOR THE LAST COUPLE OF  
KILOMETERS.

VOICE: "THAT ... WAS A LONG SLOW TRAVERSE ACROSS A STEEP AND  
CONTINUOUS SNOWFIELD ON THE BACKSIDE OF MAUDE. PERHAPS 50  
METERS BELOW OUR ROUTE THERE WAS A SHEER CLIFF...A 70 METER  
DROP TO THE SHARP ROCKS ON THE SHORES OF TWO SPARKLING BLUE  
PONDS CALLED ICE LAKES. WE ALL FELL AT LEAST ONCE TRAVERSING  
THAT SNOWFIELD, AND WE ALL WENT INTO SELF-ARREST IN LESS THAN  
TWO METERS."

REPORTER: FINALLY THEY ALL REACHED THE SUMMIT AND LOOKED DOWN INTO THE  
GREEN-CARPETED VALLEYS BELOW. AND, TOM CAHILL EXPLAINS WHY  
MOUNTAIN CLIMBERS ARE WILLING TO RISK SO MUCH FOR THEIR HOBBY.

VOICE: "WE COULD SEE MOUNT RAINIER FAR TO THE SOUTH AND MOUNT BAKER FAR TO THE NORTH, AND RISING SPECTACULARLY ABOVE A RUN OF MOUNTAINS DIRECTLY TO THE WEST WAS GLACIER PEAK, ALL ICE AND MENACE. WE FELT FREE AS GOATS, RICH AS KINGS, MORE POWERFUL THAN DRUNKEN GODS...ALL THE REASONS, IN SHORT, WHY IT COSTS MORE TO RENT AN APARTMENT WITH A VIEW."

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ANNCR: YOU'VE BEEN LISTENING TO FROM THE MAGAZINE RACK, SUMMARIES OF ARTICLES ON TIMELY TOPICS FROM MAGAZINES PUBLISHED IN THE UNITED STATES.

NEXT WEEK (AT THIS TIME), JOIN US AGAIN FOR MORE SELECTION FROM THE MAGAZINE RACK.

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WJL/RCS/CAK/YRV